Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) [[Food]] A food and feed supplement containing vitamins, for improvement of health and performance, characterized in that the supplement contains the supplement comprising

at [[lest]] \underline{least} one C $\underline{l-8}$ carboxylic acid and/or its salt as the basic ingredient; [[and]]

the B_6 , B_9 and B_{12} vitamins in amounts each in an amount of 10-50 mg/gram dry weight of the supplement, and that the amounts wherein the combined amount of the vitamins B_6 , B_{12} and B_9 at least corresponds to that which can be consumed during the metabolism an amount of the COOH-groups of the carboxylic acid[[, and]];

5-25 mg Fe/gram dry weight of the supplement[[,]]; and

0-1 mg weight % of an antioxidant per 100 mg dry weight of the supplement, and that wherein the amount of salt and the carboxylic[[acids]] acid and/or its salt will give a pH of 2.0-6.0 when the supplement is dissolved in water.

- 2. (Currently Amended) Supplement according to claim 1, characterized in that the <u>amounts amount</u> of the vitamins B_6 , B_9 and B_{12} are <u>each</u> in the range of [[0,5]] <u>0.5</u>-30 mg, [[0,1]] <u>0.1</u>-10mg and 1-1500[[t.tg]] <u>ug</u>/gram dry weight of the <u>content of the pure at least one</u> carboxylic [[acids]] <u>acid</u> in the supplement, respectively;
- 3. (Currently Amended) Supplement according to claim 1, characterized in that it contains 0.5-3.5 weight % mg of iron fumarate per 100 grams of the supplement.
- 4. (Currently Amended) Supplement according to claim 1, characterized in that the supplement contains vitamin E as an antioxidant;

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- 5. (Previously Presented) Supplement according to claim 1, characterized in that it contains a desiccant, preferably MgO.
- 6. (Currently Amended) Use of supplement according to claim 1, A method for improving the performance of a human or an animal during stress and competition conditions, the method comprising:

administering to the human or the animal the supplement of claim 1 in amounts an amount of 0.5-15 grams dry supplement/kg dry feed.

7. (Currently Amended) Use of supplement according to claim 1 in the feed for horses A method for improving the performance of a horse during stress and competition conditions, the method comprising:

by admixing administering to the horse 1-15 grams dry weight of the content of the pure carboxylic acids in the supplement/100 kg horse weight in [[the]] a standard feed for horses.

8. (Currently Amended) Use of supplement according to claim 1 in the food for humans by A method of improving performance of a human during stress and competition conditions, the method comprising:

administration of O, 1-4,4 administering to the human 0.1-4.4 mg daily intake of the dry weight of the content of the pure carboxylic acids in the supplement of claim 1 per kilogram bodyweight.

Claims 9-10 (canceled)

11. (New) The supplement of claim 1, wherein the C_{1-8} carboxylic acid is a formic acid, a citric acid, a lactic acid, a propionic acid, an ascorbic acid, a fumaric acid, or a benzoic acid.